

# ТЕОРІЯ І МЕТОДИКА ПІДГОТОВКИ СПОРТСМЕНІВ

## MOTIVATION AS A FACTOR OF SPORTS SELECTION FOR TAEKWONDO



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### Annotation

**Introduction and purpose of the study.** The article reveals the importance of motivation as a leading factor that strongly influences the system of sports selection of young athletes at the stage of initial training in taekwondo. The distribution of motivation into separate components "Motivation of a young athlete", i.e. a child, "Motivation of parents" and "Motivation of a coach-teacher" as leading mechanisms of a child's involvement in the world of sports is characterized. This study will provide an opportunity to improve the system of sports selection and include the motivation factor in the main, significant criteria of primary selection during the formation of a group of initial training in taekwondo. **The purpose of the study** is to characterize the importance of motivation as a factor in the system of sports selection during the involvement of children in the Taekwondo sports section. **Material and methods.** The research used methods of analysis of scientific and methodological literature, sociological research methods (questionnaires), generalization and systematization of expert assessments, and methods of mathematical statistics. **The results.** The priority of formation of motivation for children's sports activities has been determined. The expert assessment made it possible to establish the purpose of the parents' participation in taekwondo, namely: "the goal of the development of the child's physical, technical, and psychological indicators for his improvement and high performance in sports" took first place; second place - "health promotion"; third place - "the child likes it and I can see the result of the visit"; fourth place – "preference for the trainer-teacher"; fifth-sixth place - "expanding the child's leisure time during the day" and "meeting the child's needs in motor activity during the day"; seventh place - "providing financial assistance to a sports institution where a child practices"; the next ranked places (eighth-tenth) are "disease prevention, we do it on the recommendation of a doctor", "this sport is prestigious and we wanted to involve the child" and "babysitter for an hour (supervision of the child while the parents are on business)". The obtained results indicate that parents pay the most attention to the level of professionalism of the trainer-teacher; and convenient location of the sports section. **Conclusion.** The results of the survey indicate a significant influence of parents on the motivation of children to engage in one or another sport, primarily taekwondo.

**Key words:** expert evaluation, questionnaire, parents, sports selection criteria, factors, motives, motivation, taekwondo.

### Анотація

**Вступ.** В статті розкрито значущість мотивації, як ведучого фактору, який вагомо впливає на систему спортивного відбору юних спортсменів на етапі початкової підготовки в тхеквондо. Охарактеризовано розподіл мотивації на окремі складові «Мотивація юного спортсмена тобто дитини», «Мотивація батьків» і «Мотивація тренера-викладача» як ведучих механізмів залучення дитини до світу спорту. Дане дослідження надасть можливість удосконалити систему спортивного відбору і включити фактор мотивації до основних, значущих критеріїв первинного відбору під час формування групи початкової підготовки в тхеквондо. **Метою дослідження** є охарактеризувати значущість мотивації як фактору в системі спортивного відбору під час залучення дітей до спортивної секції з тхеквондо. **Матеріал і методи.** У дослідженні використовувалися

методи аналізу науково-методичної літератури, соціологічні методи дослідження (анкетування), узагальнення та систематизації експертних оцінок і методи математичної статистики. **Результати.** Визначено пріоритетність формування мотивації до занять дітей спортом. Експертна оцінка дозволив встановити, з якою метою батьки привели дітей на заняття з тхеквондо, а саме: перше рангове місце зайняла «мета розвиток фізичних, технічних, психологічних показників дитини для його вдосконалення і високих показників в спорти»; друге місце – «зміцнення здоров'я»; третє місце – «подобається дитині, і я бачу результат відвідування»; четверте місце – «уподобання до тренера-викладача»; п'яте-шосте місце – «розширення дозвілля дитини протягом дня» та «задовільнення потреб дитини в руховій активності протягом дня»; сьоме місце – «забезпечення фінансовою допомогою спортивний заклад, де займається дитина»; наступні рангові місця (восьмидесяте) – «профілактика захворювань, займається за рекомендацією лікаря», «цей вид спорту є престижним й захотілося долучити дитину» та «нняня на годину (нагляд за дитиною, поки батьки у справах)». Отримані результати вказують на те, що батьки найбільше звертають увагу на рівень професіоналізму тренера-викладача; та зручне розташування спортивної секції. **Висновок.** Результати проведення анкетування свідчать про значний вплив батьків на мотивацію дітей до занять тим чи іншим видом спорту, насамперед тхеквондо.

**Ключові слова:** експертна оцінка, анкетування, батьки, критерії спортивного відбору, фактори, мотиви, мотивація, тхеквондо.

**Introduction.** In the last decade, the martial art of Korean origin - Taekwondo - is gaining rapid development and popularity. It is developing quite actively on different continents, encouraging an increasing number of young athletes with an ardent motive. That is why, in order to qualitatively optimize the training process, it is necessary to understand the motives that motivate children to practice, since it is motivation that determines the direction of activity and performs a meaning-making function. At the same time, motivation is characterized by a combination of external and internal driving forces that encourage an individual to carry out activities aimed at achieving a certain goal, and a motive is what causes certain actions in an individual. That is, motivation is not only the leading characteristic of an athlete and leads him to the set goal, but also affects the nature of all processes occurring in the body during training and competitive activities. The most important feature of motivation in sports is its influence on the effectiveness and efficiency of an athlete's activity [1].

Recently, a number of authors have devoted their research to the peculiarities of motivation in sports activities. As noted in the study by A. Koshcheyev, S. Guillermo, L. Lynda (2022), motivation is an el-

ement of personality with a unique structure that depends on the activity the subject is engaged in and is the leading component of the athlete's actions [13]. Such scientists as Zh. G. Sotnyk, Ya.I. Kravchuk, O.V. Sotnyk (2021) believe that motivation plays an important role in the life of every athlete, and is one of the important components of a sports career [9]. And in the scientific works of V. Voronov, I. Smolyar (2020), motivation is considered as a mental phenomenon in the aggregate of a number of factors that determine the behavior of an athlete and direct the performance of certain actions in sports activities, the effectiveness of which is supported by an effective result [2]. Each of the above-mentioned authors singles out motivation as a significant criterion that an athlete must possess for quality training and performance in the chosen sport.

An independent, relevant scientific direction in the field of sports is the study of the formation of children's motivation to play sports at the stage of initial training. It is during the involvement of the child in sports activities that it is necessary to determine, in addition to the main criteria of sports selection, the level of the child's motivation for the corresponding type of sport. The meaning of the term "motivation" includes various manifesta-

tions of the psychological essence of a young athlete: motives, his needs, interests, goals, motivational attitudes, idols and ideals, etc. [10]. Although some authors note that at the initial stage of playing sports in children, motivation does not have a "clear intention" and is characterized by divergent interests in various sports [2]. As a result, children get involved in one type of sport, and later switch to another, i.e. "search for themselves", determine their aptitude and ability by the "trial and error" method. At the same time, they strive to get a high sports result in a quick period of time, not understanding that the path to it is difficult and long-term.

The above-mentioned lack of formation of the concept of "clarity of intention" may be based on the child's early involvement in sports. The authors N. Dolbysheva, S. Mustyatsya (2021) characterized that in modern conditions of sports selection and involvement of children in sports activities, a significant factor is the reduction of the age range of children by two to three years, from the recommended age in accordance with the Educational Programs of Children and Youth Sports schools and Regulations on the organization of the educational and training process in children's and youth sports schools [5]. That is, a child who joined sports at the

age of 5-6 is not able to clearly understand the motives that prompt him to attend the sports section. Thus, children's motivation is based on parental suggestion of the need to engage in one or another sport, the presence of positive examples, family lifestyle, etc. [11]. Therefore, in such a case, it is necessary to consider motivation from the following components, namely: "Motivation of a young athlete", that is, a child who at a fairly young age may be able to show his own interest on the basis of which to form motivation, regarding the chosen sport, separately "Motivation of parents", which is based on the ambitions of parents and actively influences the early involvement of children in sports activities [5]. Although in the opinion of many authors, as already mentioned, the motivation of an athlete is formed on the basis of satisfying one's own needs, and the primary needs of a child when playing sports are curiosity, ability for this type of sport, attitude towards the athlete, satisfaction from training and a sense of self-worth when diligently completing tasks educational and training work and achieving success in competitive activities. That is, the next component and important mechanism of formation of motivation in children can be the coach-teacher himself, who with his professionalism and active activity will influence the level of interest of children, awakening in them the motives that encourage the young athlete to return to educational and training classes. According to V. Voronov, I. Smolyar (2020), the more the coach knows about the formation of professionally significant motivation of athletes, starting from the initial stages of mastering sports skills, the more successful and long-term the athlete's stay in sports will be [2]. In accordance with the above, we can assume that motivation in sports activities at the stage of initial training is to a certain extent based on many factors and persons who meaningfully influence the forma-

tion of a young athlete's motivation for sports activities, namely: the child, parents and coach. They form a mutual chain that helps to change and strengthen the motivation of a child who is involved in a sports section through joint efforts.

Taekwondo was traditionally considered a sport best for boys, but nowadays there is an increase in sports results and an active interest in classes among girls as well. In connection with the above, an interesting question arises regarding the study of motivation for girls' taekwondo classes. The problem of the formation of personality characteristics in the sport of a separate article is quite relevant, but today it is not sufficiently studied, especially at the stage of initial training. We were interested in the question of whether there is a difference in the formation of motivation and what motives can motivate boys and girls to play sports separately. Only in the scientific research of V.I. Lukashchuk (2012) was it noted that the specifics of motives for playing sports largely depend on their gender, primarily at the initial stage of sports socialization, that is, the first involvement in sports activities [8].

Therefore, the problem of the formation of sports motivation is actively studied in domestic and foreign countries. However, quite a few works have been covered that would provide a full justification of the motive that prompts a child to join the taekwondo section, on the basis of which their motivation is formed and what is reinforced. Therefore, we consider the topic of the study to be relevant for determining the importance of the motivation factor during sports selection in the groups of initial training in the chosen sport - taekwondo.

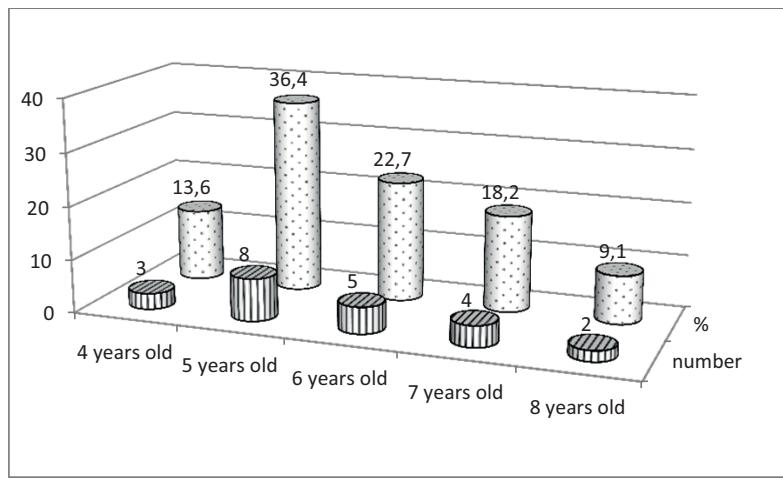
**The aim of the study.** To characterize the importance of motivation as a factor in the system of sports selection during the involvement of children in the Taekwondo sports section.

#### Research material and meth-

**ods.** The research used methods of analysis of scientific and methodological literature, sociological research methods (questionnaires), generalization and systematization of expert assessments, methods of mathematical statistics. **Participants:** According to the ethical rules, the study received the approval of the sports club "Olimp TKD" to conduct a questionnaire among parents whose students were involved in the taekwondo section. Parents' participation was optional and voluntary. Thus, the sample of participants was 22 experts, which is 70% of the total number. The experts were the parents (including only the results of the questionnaire of one father or mother) of the children of the group of primary education in the first-second year of education. All survey participants were treated in accordance with ethical principles, regarding confidentiality and anonymity of their responses.

**Research organization.** The research was conducted during August-October 2022 during the period of active primary sports selection for the taekwondo sports section of the sports club "Olimp TKD". The experts were informed in advance about the goals and procedure of the research by the teacher-trainers. After all the willing experts were asked to answer the questions of a specially developed questionnaire. The participants had the opportunity to answer the questions later, after a month or two, so that the informativeness of the response indicators was as true and effective as possible. Experts who encountered difficulties when completing the questionnaire had the opportunity to seek advice from scientific researchers and get clarification of this question.

**Research results and discussion.** The search for a reliable understanding of the motivational characteristics of young athletes at the stage of initial training stimulated us to determine the most effective ways of conducting scientific research. Taking into account the



**Fig. 1. Age gradation of children involved in the taekwondo section (%)**

young age of the athletes involved in the taekwondo section (4-7 years old), it was decided to involve in the experiment parents who systematically bring their children to the sports club "Olimp TKD". Based on this, we developed a questionnaire that consisted of thorough questions in accordance with the planned topic. All questions corresponded to moral and ethical standards and were only of a research nature. 22 experts took part in the study. Experts were the parents of children who were involved in the taekwondo section and were part of the initial training group of the first and second year of training. The answer was accepted only from one of the parents whose opinion was more decisive, that is, the questionnaire was completed by parents who are more knowledgeable about their child and to a certain extent gave more informative answers to the questions.

In order to understand the age range of the children of the primary training group, the experts had to indicate the child's age at the time of filling out the questionnaire. An age gradation of three age groups with a span of two years was proposed. And so, the majority of children

in the number of 12 people (55%) were aged from 4 to 6, there were 10 athletes from 7 to 9 years old (45%), and not a single athlete of the third age group from 10 to 12 years old (0%). According to the Taekwondo Program (sports schools and others), the minimum age of children to be enrolled in a sports school in the primary training group is 7 for both boys and girls.

The next question we were interested in was determining the age of children involved in the Taekwondo sports section, taking into account the trend of rejuvenation in sports activities. During the survey, parents had to indicate at what age their children were invited or involved in Taekwondo training. The results were as follows: at 4 years old – 3 children (13.6%); 5 years old – 8 children (36.4%); 6 years old – 5 children (22.7%); 7 years old – 4 children (18.2%); 8 years old – 2 children (9.1%) (Fig. 1). Thus, we were able to determine the average statistical age of the children of the primary training group, which in the largest percentage is the age of the child from 5 to 7. Based on this, we have to agree with the scientific works of N.H. Dolbysheva,

S.E. Mustyatsya (2021, 2022) that to confirm the factor of rejuvenation of sports in relation to the sports selection (recruitment) of children and the reduction of the age range by several years in accordance with the proposed program of sports schools [5, 6, 7].

Therefore, the question arises: "What is the basis of the formation of motivation when most young athletes are 5-6 years old?". Children who, according to psychological development, do not have a clear intention and understanding of the need to play sports. They are interested in everything new that surrounds them, attention is short-term and based on quick switching, what they like today may not be interesting tomorrow. If the main motives that encourage a person in the period of "mature childhood" to engage in sports activities are quite easy to identify, due to surveys and practical activities, which are manifested in: the desire to satisfy spiritual needs, emotional communications, to update on a healthy lifestyle, the prestige of sports, orientation to the opinion of friends, the desire for self-affirmation, the desire for physical and moral perfection, etc. [10]. For preschoolers and children of junior school age, the manifestation of sustainable motivation and its perfect formation is not manifested appropriately. After all, their interests, ideals and life goals are not long-term and quite changeable. In accordance with the above, the task arose to determine in what way the child was involved in the taekwondo section.

An urgent question for determining the emotional satisfaction from the sports section of taekwondo, which is an effective mechanism for awakening the child's motives, was recommended to the experts to answer the question: "Does your child go to training with pleasure?". This question was grouped by the following answers: "yes, always", "yes, but sometimes he refuses", "no, but he goes", "no, we make him go". After

Table 1

**The results of an expert evaluation of the purpose of visiting the taekwondo section at the stage of initial training**

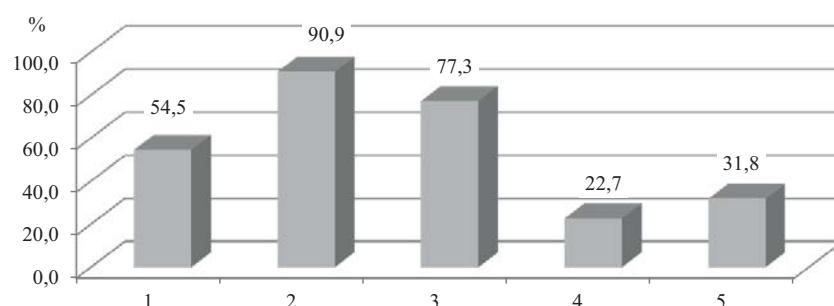
№	Purpose of visit	Σ received data	%	Rank place
1	To improve health	14	63,6	2
2	Prevention of diseases, we deal with the recommendation of a doctor	0	0	8-10
3	Expansion of the child's leisure time during the day	10	45,5	5-6
4	Satisfying the child's needs in motor activity during the day	10	45,5	5-6
5	The development of the necessary physical, technical, psychological indicators of the child for his improvement and high performance in sports.	16	72,7	1
6	Because this sport is prestigious and I wanted to involve the child	0	0	8-10
7	We visit because we like the trainer-teacher	11	50	4
8	The child likes it and I can see the result of the visit	12	54,5	3
9	I provide financial assistance to the sports institution where the child is engaged	1	4,5	7
10	Babysitter for an hour (supervision of the child while the parents are on business)	0	0	8-10

receiving the results of the experts and conducting an analysis, we can note that the last two answers did not receive any marks. Thus, children enjoy visiting the sports section. The majority of experts, 81.8% (18 people), emphasized "yes, always." This percentage reflects the number of children who are interested in the chosen sport. According to their young age, their motivational characteristics can be built on new hobbies, stimulated and reinforced by the above-mentioned subjects until the moment of conscious knowledge and understanding of the process of his activity in sports. A much lower percentage of 18.2% (4 people) answered "yes, but sometimes refuses." This result was obtained from experts who involved the child in the taekwondo section independently, without taking into account their wishes.

Our attempt to identify and understand who initiated the involvement of the child in sports activities consisted in the fact that the experts were asked to answer the question "Who expressed the desire to involve the child in the taekwondo section?". Thus, we had the opportunity to a certain extent to get an idea of the quantitative measure of

motivation of children to do sports or their parents, while 22.75% of 5 children expressed an independent desire to do taekwondo and 22.75% of 5 parents independently decided to involve their children in this sport. The dream of many parents is to have an athletic and healthy child. Therefore, starting from a fairly young age, a certain percentage of parents consider it necessary to involve the child in sports as early as possible without asking the wishes of the child himself and at the same time they still strive for a quick sports result. At a time when the child has just started to develop sports discipline in him. When children begin to perform additional physical activity of a non-specific nature, when they are not always able to perform 100% of the planned educational and training work in the first months of their sports life, what kind of quick result can we talk about, because at this stage young athletes are at the stage strengthening of the body as a whole and initial formation to the chosen sport. And what motives can be formed in such a case, when he has nothing to compare with, because he does not have sports experience from other sports? All the activities of the child

are formed without taking into account the interests of the child itself, namely, 54.5% (12 people) of experts answered others. Under the word "others" it was suggested to independently add persons who expressed a desire to send their child to the taekwondo section. It was noted that a high percentage obtained the answer of mutual consent of certain persons and the child. That is, parents, friends, acquaintances recommended a certain type of sports activity and the child happily agreed. In this case, the interests of the future athlete were taken into account, the right to choose to try or not was given. This encourages the child to make new discoveries, which are based on mutual desire and are supported by trust and social aspiration, on the basis of which the formation of the child's stable motivation for the corresponding sport begins. It is at the stage of initial training that special attention must be paid to building a strong motivation to play sports, since in this period the main features of its formation are insufficient awareness and rapid change of needs, uncertainty and interchangeability of different ways of satisfying them [9]. Therefore, other subjects should play an important role



**Fig. 2. The priority of the factors of parents' choice of their children's taekwondo classes:**

1 - the state of the material and technical base; 2 - the level of professionalism of the trainer-teacher; 3 - convenient location of the sports section; 4 - optimal payment for training; 5 - other

in supporting the strengthening of motivational characteristics. Other subjects of encouraging the motivation of younger children to physical activity, in addition to parents, can be: trainers-teachers and organizers of sports sections, peers, adult "authorities" with whom the child is not in family ties, for example, a teenager or an amateur athlete on a sports ground in the yard, a sports hall, famous professional athletes, etc. Thus, we determined that the largest share of involved children joined the taekwondo section, taking into account the opinion of other subjects who support and stimulate young athletes to study and train in the chosen sport.

Taking into account the fact that most of the involved children had a psychological influence from their parents before choosing a sports section, an important question was to determine the sports experience of the parents themselves. This is due to the fact that the majority of parents who had an active sports life understand all the positive qualities and the need for physical activity for the harmonious development of a healthy child. Based on this, we asked the experts to indicate "Did they play sports and what were their achievements?". The question was formed based on the answers of two parents. The results were quite ex-

pected, the majority of experts in the number of 15 people (68.2%) noted that they were involved in sports and had a qualification level from Candidate of Master of Sports to II adult sports division in various sports, in particular: football, taekwondo, basketball, karate, swimming, boxing. Some parents actively engage in health-oriented sports such as fitness and Pilates. It was these experts, answering the previous question, who came to a joint agreement with the child regarding the involvement of the child in the taekwondo section. However, 7 experts (31.8%) never participated in sports activities and did not play sports at all. Taking into account the results of the survey, it is possible to emphasize the importance of parents who had sports experience and consciously analyze their sports path, understand the motives that prompted them to participate in sports and what they got as a result of this experience. With their own accumulation of knowledge and practical experience in sports, they provide the foundation of motivational characteristics for their own children. It is the parents who must participate in the sports life of the child, support at the initial stage, observe, ask about training, his success in them, and encourage him to participate in competitions, share the joy of victory and provide

support during defeat. An important method of motivation is to explain to the child what sports are for and to set him up for training. A young athlete who will experience all the joys of sports activities of the chosen sport will become the main motivator for him.

Motivation, as mentioned above, is always built at the expense of the motives that drive them, and the motives are reinforced by a certain goal. In order to fully understand the purpose of the child's visit to the Taekwondo sports section, the experts had to note and highlight the most significant criteria that were formed by us and proposed in the questionnaire. By comparing the answers of experts, we had the opportunity to determine their rank using the sum of each position and the percentage ratio and summarize the results of the goal that prompted parents to introduce their child to the chosen sport (Table 1).

The analysis of the results revealed their distribution as follows: the most important significant indicator of goal formation was the development of the child's physical, technical, and psychological indicators for its improvement and high performance in sports - first place; to strengthen health - the second position; the child likes it and I see the result of the visit; the next step is the preference for the trainer-teacher; the fifth and sixth positions were allocated to the following indicators, namely: expansion of the child's leisure time during the day and satisfaction of the child's needs in motor activity during the day; the seventh place is taken by providing financial assistance to a sports institution where a child practices; the following options, which occupy the eighth-tenth position of our rating, did not receive a single vote from the experts, which can be considered irrelevant for the purpose of the visit of young athletes to the taekwondo section.

Thus, the majority of parents want to see in the future highly qual-

ified athletes, able to achieve high sports results, to be a model and role model in the field of sports. Great importance is attached to strengthening health through physical activity. Focus attention on the interests of the child himself, who show his preferences for the chosen type of martial art and interest in the trainer-teacher, who in his professional activities, together with the parents, forms a strong chain of motivational foundation, which stimulates children to return to educational and training work. No less important for parents is the increase in motor activity and the growth of emotional and positive events for the child during the day.

An additional influential characteristic for the selection of the section was the determination of the factors that had a significant impact on this choice. In the works of N.H. Dolbysheva, S.E. Mustyatsya (2021, 2022) characterized the significance of these factors and the determination of their place in the sports selection system, but in this case, the coaches and teachers themselves acted as experts [5, 7]. In our study, the experts in the survey questionnaire had to note among the proposed factors that, in addition to the above-defined goal, it was stimulating to give the child to taekwondo. Five factors were proposed: 1) the state of the material and technical base; 2) the level of professionalism of the trainer-teacher; 3) convenient location of the sports section; 4) optimal payment for training; 5) other (Fig. 2). The obtained results indicate that the second factor (20 parents, 90.9%) and the third (17 parents, 77.3%) factor received the most marks; other proposed factors were not significant for parents. Under the word "other", the experts were given the opportunity to add what other factor could qualitatively influence the characteristics of the child's involvement, this option was not indicated by any expert. Thus, we can state that, in addition to the goal that prompts the child to engage

in sports and become the beginning of the formation of motivation for active movement in the direction of achieving the goal, factors that additionally affect their implementation also acquire great meaning.

In addition to the above-mentioned questions, it was quite important to determine the gender of the athletes involved, because the motivation of boys and girls to take part in the taekwondo section will be different. During the questionnaire, the experts had to indicate the gender of their child who practices martial arts. The main sample of the group of primary training still favored boys and their number was 14 people (63.6%), while only 8 girls (36.4%) chose taekwondo. V.I. Lukashchuk (2012) notes in his scientific research that boys, as a rule, independently choose the type of sport they want to engage in, come to the coach themselves, if their age allows, or ask their parents to bring them to one or another section [8]. Since childhood, most young men have a preference for martial arts. Girls are more inert and rely on their parents' decisions or the coach's invitation. The boys, joining the training work, already have ideas and certain aspirations in the chosen sport (but, as it later turns out, quite ambiguous and distorted), as well as their corresponding expectations from the educational and training process. They regard their sports activities as a game, entertainment, and only later begin to set a certain goal in sports. Girls-athletes begin to treat sports responsibly a little earlier, perceive sports training as work; try to achieve the goal and the coach's instructions. The majority of authors claim that boys have a high level of aspirations and a preference for success in martial arts, and girls have more pronounced cognitive motives and a focus on mastering knowledge and skills.

If you focus on the stage of initial training, paying attention to the criterion or motivation factor that affects the initial selection during

the involvement of a child in the taekwondo section, it is quite difficult to assert a full superiority of motivational characteristics of boys over girls at the age of 5-7. Works devoted to the study of the specifics of the motives that encourage girls and boys to play sports indicate that at the initial stage, the main incentive for female athletes to participate in sports is the desire and influence of parents. At the same time, the leading motivation of young beginners is determined by their desire to improve their health and gain a new circle of communication. In the process of classes, internal motivation is formed, procedural interest appears, the first sports successes help to establish the need for sports. Their motives do not have a common goal, but their motivation is aimed at obtaining satisfaction from the training process itself due to high emotionality, from the team of athletes gathered in one group and informal communication, in the demonstration of their capabilities, the game form of conducting classes, from the coach who satisfies the needs of the young taekwondo player and others. All this awakens motives of emotional satisfaction, that is, a motive that reflects the joy of movement and physical effort.

**Conclusions.** The theoretical analysis proves that at the current stage of sports training, the role of motivation for sports activities, which ensures effective sports results at the successive stages of the training process, is of great importance. The survey made it possible to determine the age of children of the primary training group, which is 5-7 years. Early involvement of a child does not give a full understanding of his motivational characteristics to the chosen sport. Confirmed the compliance with the Taekwondo Program (sports schools and others) of the minimum age of children for enrollment in the sports school in the primary training group, which is 7 years old for both boys and girls.

The factor of rejuvenating sports

has been confirmed in relation to the sports selection (recruitment) of children and the reduction of the age range by several years in accordance with the proposed program of sports schools. Motivational characteristics of children can be built on new hobbies, stimulated and reinforced by the above-mentioned subjects until the moment of conscious knowledge and understanding of the process of his activity in sports. A certain percentage of parents (22.75%) consider it necessary to involve the child in sports as early as possible without asking the wishes of the child him-

self and at the same time they still strive for a quick sports result. In addition to parents, other subjects of encouraging the motivation of younger children to physical activity can be: trainers-teachers and organizers of sports sections, peers, adult "authorities" with whom the child is not in family ties.

Taking into account the results of the survey, it is possible to emphasize the importance of parents who had sports experience, consciously analyze their sports path, understand the motives that prompted them to participate in sports and

what they gained as a result of this experience. The main motivator of a young athlete is the feeling of all the charms of the sports activity of the chosen sport. The leading motivation of young beginners is determined by their desire to improve their health and gain a new circle of communication.

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